

## Men's Clothing

**Shirts** - Men's shirts were worn loose. They had a narrow neckband with no collar. Plain colors were most common, but stripes or plaids were also used. For modern day trekkers, light colors will be coolest. Choose something larger than a regular fit, with long sleeves.

**Pants** - Men's pants were also worn loose. Cotton, corduroy, linen, twill and canvas pants are good choices. Colors included blue, black, gray, and browns, especially beige and tan. Choose styles that are rather loose fitting through the crotch and thigh area to add comfort in walking. *Leave the skinny jeans at home!*

**Suspenders** - Men's pants were held up by suspenders that were buttoned on the outside of the waistband, and crossed in the back.

**Hats** - Men's everyday hats ranged from pilot caps, straw hats, wide brimmed low felt hats, or round crowned hat. Modern day trekkers should not wear baseball caps, beanies or army hats.

## Women's Clothing

**Dresses/Skirts** - A Woman's basic dress was floor length. It could be plain or have many ruffles. The sleeves were full, and long, with buttons or bands at the wrist. Necklines were usually high, with buttons up the front. Fabrics were made of cotton in solid colors or small print. Bright colors (excluding neons) were popular (especially bright yellow). Blouses and long skirts or jumpers could be used. Pioneer trekkers today have found that dresses and skirts should be mid-calf or above the top of a hiking boot in length (so the girls do not trip over their skirts while pulling).

**Aprons** - The standard apron was six to twelve inches shorter than the skirt length. It gathered at the waist and tied. The bib attached at the waist and was pinned to the dress bodice at the top two corners, hence, the pinafore (Pinned at two of the four corners!). Daytime aprons were made of calico remnants. Sunday aprons were made from white fabric and did not have a bib. For trekking today, large deep pockets are important to be able to carry different items along the trail.

**Bonnets** - Women wore bonnets whenever they were outside. They were made of cotton with a deep stiffened brim and a back ruffle to protect the neck. They could be white, plain colors or a print. For Trekking today, bonnets or straw hats for the girls are important.

**Bloomers** - These were worn underneath the dress and were normally white. Their length was usually between knee and mid-calf. Wearing pantaloons helps maintain modesty in trekking situations.